



**Halloween  
tiffles**  
Students model  
some of the year's  
hottest costumes.  
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# SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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DATE: 1/26/12 - PG. 12

## Hypnotist gets XXX rating



**PHOTO BY ANDREW BAILEY**  
Some students looking for mind-control scenes could be sent to the Seminary on Oct. 25 when XXX hypnotist Tony Lee performs.



**By ANDREW BAILEY**

It's not often that you see an adult visiting a church — let alone five adults visiting weekly. However, if you were at Tony Lee's show, then you are one of the strange things you see.

Approximately 7:30 a.m. on Oct. 25 at 1001 W. 12th, an XXX hypnotist, took to the stage in the Seminary. An 18-plus show, Lee's combination of hypnosis, comedy and sex-

uality had students on the edge of their seats.

While the majority laughed, some watched sheepishly as a mild-mannered yet crude Lee began his act. Bleeping out references to some forward, what happens as a mild performance quickly changed as Lee's commanding voice prompted students to engage in a series of comical yet risqué stunts.

The crowd watched in amazement as these in-

stant, dressed and in a sleep-like state, complied with Lee's instructions. Between during imaginary sex and performing sexual activity, nothing was off limits.

"The general public, even though they may not acknowledge it, is in what they want to see," explained Lee, referring to his termed by himself act.

Performing at Gonzaga College for more than five years, Lee continues to attract both show veterans

and first-timers alike.

"We're really for entertainment. With no intention, we just come down and do what we want to do," said Lee.

Lee said he was first exposed to hypnosis after spontaneously hypnotizing his girlfriend at the time. After that experience, Lee developed a strong interest in hypnosis and decided to launch a show. What was intended to only be a three-year gig turned into a per-

manent show, taking him around the country.

Performing for 14 years, Lee has no plans of stopping anytime soon.

"You're as young as old as the moment you start," joked Lee regarding his age.

Although he has plans of traveling a shorter tour in April, Lee, a successful resident of the Canadian Chapter, intends to perform at the year's end, also plans on contributing to tour companies in the future.

## Psychic weighs in on the future of students

**By BRENN LIGMAN**

A first year student will see his long list soon within the next 12 years.

Why? The psychic in the Seminary said so. Psychic reader Dan Valdez said in Gonzaga College to many students with his monthly readings on Oct. 22. The psychic readings were mostly of Gonzaga Students Inc. (GSI).

"We did the readings last year and students loved it, so we're doing it again," said GSI

president Corey Beyer.

Early childhood education student Lucy Shultz had a mix of emotions while waiting for Valdez.

"I'm nervous, I'm excited," said Shultz.

Valdez showed each student to ask three questions about his or her personal life. He would then respond with his own unique words that left students with new outlooks both bad and good.

"I deliver people that you really love people like psychic readings are all good," said

Valdez.

The three questions Shultz asked Valdez were, "When will I meet my significant?" "Will I get my dream job?" and "Will I live and up half of it?"

"These three questions are actually asked by students," Valdez said.

"Students ask questions based on three generalities: love life, education, long term career," he said.

Valdez informed her that a "significant" will appear within

two years.

"He also told me I may not get my dream job but that I will live the job that I am in," said Shultz.

Valdez also said Shultz is destined to rise within the next 12 years.

"I believe him, but I'm also skeptical. It's hard to decide what to believe," said Shultz.

Valdez has been involved in the paranormal since 1980 and was the director of the Paranormal, Supernatural, Ghost for more years.

He has appeared on over 1,500 radio shows and has hosted or performed at more than 1,000 colleges.

He also writes two books: *The Psychic World and How You Can Be a Part Of It*, and *The Psychic World of Your Dreams*.

Currently Valdez is busy touring Gonzaga colleges to "open students eyes."

"My job is to let you see," Valdez said. "It's what I do to help others. Let me try to see if I can give somebody some advice, guidance and insight."

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you had a chance to go into space, would you do it and why?



"I don't think I would, it sounds scary to me. There's a lot of things I'd be afraid of about things blowing up."

**Tiffany Martinakovic**, applied health technology

"The experience would be very valuable. The thought of being able to experience the different weights is so exciting, maybe the different hours of the day you would have experienced."

**Dany Aslamouni**, computer engineering technology



"Yeah I think I would. Life is too short so you gotta do everything that you can."

**Jackie Hagstrom-Johansen**, first year office administration legal

"No, I don't think I would. I'm just not interested in leaving this planet."

**Lindsay McComb**, first year business insurance



"I probably would not but, I don't have a reason why."

**Chad Frey**, first year business administration marketing

"I would not go into space. I have a lot depending on me, so I have no time to go that far."

**Angela Cameron**, MCH - nursing level 1



# Love is Battlefield 3

When EA unveiled the first trailer for Battlefield 3, it was clear what they were going on. Call of Duty: Modern Warfare 2. From camp to explosive single-player game and a mindlessly fun multi-player game that the battlefield arena is known for, Battlefield 3 stands up as the crowded military first person shooter field.

For the most part, you The campaign starts you off on an exhilarating on foot attack on an subway train. The train moving at full speed through New York is in a hands ready to blow, setting the pace ship pace immediately.

The game manages to keep this pace going for the most part with other highlights, including taking control of a gunner in a fighter plane shooting down enemy fighters, crossing a desert in a tank with dusty winds sweeping the landscape and a freeze mission on a French airport trying to prevent a chemical attack.

These missions are very similar to the Call of Duty kind of "shoot and run" on maps that have made it so popular. And for the most part it manages to hit on most of what makes Call of Duty great. But there are a few really awesome that step it from achieving true greatness.

For one thing it's short, real short. It will take you less than five hours to complete the campaign on normal difficulty, and you don't really feel like you're back to the game once you're finished it.

And the game's story isn't that great. It's VERY similar to Call of Duty: Black Ops (almost shocking so, and you can clearly see where the game is going to go).

Overall, the single player portion of the game is good, but not great.

But if you're all plan to play the multiplayer, then you're in for a fantastic experience.

Unlike Call of Duty,



**James Wink**, Opinion

Battlefield 3 multiplayer requires teamwork to get the job done. You're not a lone wolf and you can't win a game all by yourself. There are tanks, helicopters, jets and all other sorts of vehicles to get you across the huge maps that can house up to 64 players on the console versions.

There are leveling systems for each of the four multiplayer classes with a whole lot of unlockables that can change role in the game, but for your overall love.

I could go on for hours and hours about all the bugs and features that the game offers but at the end of the day, it truly comes down to this paragraph.

There's nothing like sitting a transport truck travelling at full speed toward an enemy flag with four other players on and launching a full on attack with no one around and every in that you have in your path at the same time. Truly capturing the day and moving on to the next day with your new online buddies.

The two player mode multiplayer makes (especially, which makes each team

pushing toward flags to capture them, and make while modern you team defending a set of objectives and another attacking it are what make that game stand apart.

The game does offer a co-op mode, but it's not used in that fashion. Most of the fun from will take you and a partner around 15 minutes to beat and like the single player, you're really not going to want to go back to play alone once you are done.

On the plus side, the game looks and sounds amazing. The graphics are clearly some of the best of this generation, with the lighting truly standing out as something that made my jaw drop and say "wow" a couple of times. And the head bender can make of a M400 group of really immature you in the experience.

Plus and simple if you love multiplayer games, this is a game for you. It's not Call of Duty, but that's not really a bad thing. It offers something unique but different to the first person shooter genre.

If you're tired of Call of Duty, try this one out. You may find it refreshing. The single player may last you for only five hours, but the multiplayer will keep on going for as long as you're having fun, which may very well be the money you're made.

I give it 4 out of 5.

# CE1088

## NEW ROCK

### THE TRI-CITIES NEW ROCK ALTERNATIVE

## STUDENT SPOT



# Students fulfill dreams overseas

By JAMES HARRIS

There's a place where dreams really do come true, just past here to find it.

For two Canadian students, an international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya was their dream come true.

Even though Denisse Beausang and Gini Rivers had to share a small bathroom for three months, they managed to find a way to make it the experience of a lifetime.

As a Latch and Latch student on Oct. 28 at Conestoga College, Beausang and Rivers shared their recent experience.

The two students told those in attendance that they didn't have preconceptions prior to going to Kenya. They were to try out in strange places, but it was difficult to find a good place. They ended up staying in a hotel and breakfast for about a week before they found a family to live with, right across the street from the hospital.

"We found interesting and networking with people at the hospital is one of the most important things to find a place where we could safely communicate and find out on our own," said Rivers.



being devoted to a "specialist."

"These camps are the one chance that a lot of people get to see a doctor," said Rivers. "When we got to the gate of the camp the things we got to see. A huge line of people were waiting for a specialist and we got in."

"I picked up a baby because the mother was being treated, and I put my hand behind the baby and the doctor was excited. They were waiting all day," said Beausang.

"That is one case for them to get the treatment that they really need," said Rivers. Beausang and it's like "a whole other world," adding you can't compare health care in Canada to health care in Africa.

"They have no faith, but they're willing to give as much," said Beausang. She described how people in the camps offered them food as they walked by.

There is lots of garbage everywhere and no sewage system.

Beausang said they were walking through a huge water problem, but even a water puddle it was so big and the people were talking about that "there's not just water in there."

"It's interesting because people live here 24/7. They don't have toilets. They have public toilets but you have to pay for them. Obviously they're going to choose food and water over paying for a toilet," she said. "You walk into their home and there have all of this food and they're like 'here are some chickens'."

"I realized that as a nurse, it's important to know and do, but it's more important to be willing to step out of your comfort zone," said Beausang. "To accept you know, but you

don't understand and you see it for yourself," said Rivers.

The international exchange program is held in association with McMaster University, which Conestoga is affiliated with, and McMaster College. Beausang and Rivers were two of the lucky people who got to participate in the program. It first started in 2004-05 and made between 100 and 150 students to Africa or Asia.

"I think the biggest challenge was the language," said Rivers. The girls had to teach patients how to take their own medicine so they wouldn't misinterpret because of the language, they had to incorporate a lot of hand gestures and actions to get their message across.

"It was all very challenging but everything always turned out OK," said Beausang. "They said the Nairobi can money and hospital had a very 'business attitude' (the wrong) attitude toward everything."

While away the two students had to worry about keeping up with their studies. Rivers had to do days after work, leaving little time for anything else.

According to the McMaster website, they have been doing placements since 1884. They have sent over 150 students to more than 50 countries worldwide and to over 100 countries and three continents.

Their mission is "to provide the highest quality education of experience in an international setting for McMaster, Mohawk and Conestoga Health program students."

For Rivers, and Beausang, this opportunity was a dream come true. They got to go to a foreign land, help those in need and study new



Two Conestoga BPOB students did an international exchange this summer at the Aga Khan University Hospital in Nairobi, Kenya.

PHOTO COURTESY



PHOTO BY JAMES HARRIS

Denisse Beausang (left) and Gini Rivers gave a presentation at working in Kenya on Oct. 28.

They have so little, but they're willing to give so much.

— Denisse Beausang

"The experience was life-changing," she said.

Rivers spent her three-month term working in the maternity ward while Beausang spent her time in the pediatric ward.

As one of the two largest hospitals in Africa, it is recognized as a leading hospital for women and children's issues in East Africa. The hospital offers a wide range of services including surgical, medical, ICU, obstetrics and pediatrics and also has a heart and cancer centre and cancer outreach clinic in Kenya.

Beausang and Rivers spent their time helping the "mother population," but also spent time working for the hospital, where they helped those who don't have the money to go to a hospital.

"It felt really good to be a part of that," said Rivers. She described how the camp a year camp helped 1,700 people from 8 a.m. to 5 p.m. The patients would have fever, cough, weight, blood sugar level and temperature recorded before

## Jobs hard to come by

By VERA KREMER

For those of you hoping to get a job shortly after graduation, don't get your fingers up just yet.

Statistics show that since 2004, people 50 years of age are choosing to work 18 more years, which is 3.5 years longer than workers at the end 1990. The increased rates in 2008 encouraged older people close to retirement to keep their jobs for as long as possible. This is an impediment for young adults graduating without any university because there will be fewer jobs available.

After being in her field of work for 32 years, Anne Lohr has no plans of retiring.

"I have reconsidered all kinds of ways from economic reasons to event planning to a variety and organizational structure, so I'm continuing to do that. I am doing that for the foreseeable future just because I don't know what I would do if I retired," Lohr, 61, said in an Oct. 30 article in the *Wooden Spoon Record*.

Although pension plans are often generous, which close to retirement are afraid of becoming obsolete. While they were used to be employees of the month, every month, now they find themselves at home in front of the television seven days a week.

It is unenviable and they feel out of place, especially when their children, family and friends are busy at work every day.

Statistics Canada researcher David Colman said she doesn't have any information on why people remain at work.

In a report she wrote with Lisa Gorman, she was found that "several factors are at play, such as individual age, how long they have been at work, and there are greater opportunities for income since the subject is being taken into the labour market is smaller."

People working longer in a profession, a condition for retirement funds out of control. With older people on the job, there is no room for the younger generation, which is moving out of an expensive education with a great deal of debt strapped to their backs.

In 2009, all professions, except those in health, got rid of those that allowed employees to get rid of workers once they turned 60.

Perhaps the province should introduce new legislation that brings back mandatory retirement, say at age 70. Her performance then have lots of qualified candidates for few jobs.

The author knows the position of the manager, and accordingly the author.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

Not signed letters will be published.

Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to:

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Spoke is published 100 times a year. It is published twice a week. Phone: 250-863-4200 or 250-863-4201, 250-863-4202 or 250-863-4203  
 Email: spoke@spokejournal.ca  
 Website: www.spokejournal.ca



Following Newfoundland's decision to give students caught cheating on exams a second chance, Conestoga College announced that students caught cheating here would be sent to Mohawk College for the remainder of their program.

## Sex education programs should include GLBTQ

Every year in Canada 500 kids commit suicide. Half of them are severely injured for being gay.

Bob Murray, an openly gay Ontario politician, recently featured that issue in one of his "radio" on his CBC radio show, *The Bob Murray Report*.

"It's too heavy on our shoulders to talk about, but it's a real issue. We have to make it better now," Murray said on his show.

On Oct. 26, a 12-page video presented in Toronto called, *It's Our Nation: The video features five gay women in Toronto with inspiring messages of hope directed toward gay, lesbian, bisexual, transgender and questioning teens.*

But, as Murray said, we need more support. How else can we help them? We need to make it better now. We need to make it better now. We need to make it better now. We need to make it better now.

"The 12-page presentation is a powerful statement in our sexual education program. Changes that include



Alexandra Ben-Optima

teaching kids as young as six years old about homosexuality and about coming out.

The idea behind the program is that if kids are educated about homosexuality as a young age, they will be more accepting of it and that will help help them. The number of kids who are bullied for being gay.

The first problem with the program is that it is a step-by-step guide to coming out. It is a step-by-step guide to coming out. It is a step-by-step guide to coming out. It is a step-by-step guide to coming out.

The second problem is that some parents and religious groups might oppose this

program. Many people who are still not open-minded on the issue, and Murray's efforts are not.

If some kids are still being bullied by their parents, it's better to have them in a safe place. It's better to have them in a safe place. It's better to have them in a safe place. It's better to have them in a safe place.

Emma Tord, an openly gay woman, wrote for *Newsweek* magazine, and it was in an article. She said that she was bullied for being gay.

## GLBTQ

Spoke for Gay, Lesbian, Bisexual, Transgender, Questioning. For more information go to [www.glbtc.com](http://www.glbtc.com)

## SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE



PHOTO BY BRADLEY JONES/STAFF

Andrea Collett (left) picks up her children Sophia Rose (left) and Ethan from the After Three program at the Lunge Youth and Teen Center in Cowlesville Oct. 28.

## Getting a helping hand

By BRADLEY JONES/STAFF

Andrea Collett has all the trappings of a college student. As a second-year student in Conestoga College's nursing school and future nurse practitioner, she has an eager anticipation due over the course of 18 days. She has to believe that with all the real-world work she does in her first-year job, she's also a busy mother.

How does she do it? Is it the "Wonder Woman?"

Maybe, but she also gets a lot of help from the Lunge Farm Village Association in Cowlesville.

"It felt like a really good support — a single parent, full-time student, that put me in a really good place this support. It really helped at the beginning, but now it's good," Collett said.

Collett's two children, 15-year-old Ethan Rose and six-year-old Sophia Rose, attend the After Three program at the Lunge Youth and Teen Center, which allows the mother more freedom in her schedule until pick-up time at 6:30 p.m.

Participating students are picked up from school by workers and taken to the Youth and Teen Center, where they can get help with their homework. There is music, video, crafts, play and more, among other activities. They even go on field trips to a couple of times each year to places such as an apple orchard.

An average daycare costs enough on its own and only really offers supervision and a place to play, but with all these added benefits how can a single mother afford it?

According to Collett, it only costs \$5 a week per child. The remainder of the cost is

reimbursed by the City of Cincinnati, United Way and SAC. Collett said that even the \$5 is often waived for her. "I wouldn't have been able to afford daycare I mean, I could have probably paid an awful maintenance, but I was really reluctant about trying to figure out how to do it with me."

And she's been able to get help even on days when there is no school for her children. Lunge offers affordable day care on professional development days, as well as on March break days.

Bill Davidson, executive director of Lunge, estimates that the Youth and Teen Center helps 1,000 different youth each year through their various programs. In addition to After Three, they offer evening drop-in programs, pre-school, lunch plans, open gym time and more.

Collett emphasized that Lunge offers much more than just the Youth and Teen Center. Last year they offered 300 programs and services.

"They're one of the top community centers — it has a really family feel to it. The staff are amazing. The volunteers are amazing," said Collett.

After time she began using Lunge's services, Collett has started helping others there. "It helps the Youth and Teen Center with their initiatives by offering a parent's perspective on programs and services."

Ultimately, she looks to more problems to be solved and happier kids, which is something she relates.

"It's nice when I go to pick them up and my youngest is upset because he has to leave, so you know they're happy there."

# New committee committed to sustainable Conestoga

## Meetings will be held every two weeks to discuss new policies

By KIMBA RICH/STAFF

What does Conestoga learn in common with the Environmental Action Committee? They're both great! The SAC is looking for members who are passionate about creating a sustainable Conestoga. Meetings will be held every two weeks and will feature a variety of guest speakers, each of whom is an expert in some area of sustainability.

These goals are to create new policies and initiatives, and also be the ones to implement the changes. Anything from job creation, literacy, agriculture, manufacturing to law and medicine are welcomed and encouraged to contribute ideas as to how Conestoga can be made "greener."

Beginning students might remember them as the Green Committee. First and foremost, they said the old name was too "boring" and too "environmental." "Green is symbolic

of grass and trees and earth, but sustainable and economic initiatives are about more than that," said Ross, who is also OCE's director of sustainability. They just got a new logo, designed by OCE's former graphic designer Katie Wilson, to go with their new theme.

It held its first official meeting on Oct. 15, featuring guest speaker Allen Williams, sustainable agriculture coordinator at Mohawk College, as well as some talk about what the committee hopes to see happen this year. Some projects that SAC is excited to see come to fruition are a sustainability pavilion at the Conestoga campus, solar panels on the roof of the Deen Campus and a large industrial composting to be used to fertilize three separate waste projects on campus. They are also looking forward to holding a waste audit in the Autumn.

The first official SAC meeting was a chance open to anyone found using a reusable mug or water bottle during the nation-wide Waste Reduction Week. A total of 154 people participated in the contest, which had three grand prize winners. Ross estimates that the contest made an "investment" on over 1,000 people at Conestoga's four campuses.

The committee encourages new members to help make an impact on the campus scene in their own college community on an evening, hands-on way. To join, go to [conestoga.ca/sustainability](http://conestoga.ca/sustainability), register, link under the Clubs link for the Environmental Action Committee, and click on Join.

The next SAC meeting is scheduled for Nov. 18 (4 p.m. in Room SA111). It will feature guest speaker Court Thyness, general manager of Mohawk's Biorefinery waste plant, and, according to Ross, expect a food fest.

Guest tickets can be secured by visiting the OCE office in Room SA116, by calling 519-748-1111, ext. 23, or by email at [thyness@conestoga.ns.ca](mailto:thyness@conestoga.ns.ca).

## COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ease and Suicide may seem like the only answer to problems. People who have considered suicide may feel hopeless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

- **Isolation** — escape, leaving no future, being alone, feeling hopeless or helpless (suicide, death, or plans for suicide)
- **Feelings** — depression, hopelessness, disconnection from family and friends.
- **Shooting** — relationship problems, work problems, school/college grades, trouble with the law, family breakdown, sexual/physical abuse
- **Physical Changes** — lack of interest/interest in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite.
- **Behaviours** — alcohol/drug abuse, fighting, interfering, emotional outbursts dropping out of school, prior suicidal behaviour, putting affairs in order, giving away prized possessions to friends and family, telling family wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a serious person who suddenly becomes reckless)

If you suspect that a person may be suicidal, ask them about it, and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem. If you feel that any of this information applies to you or someone you know, ask to speak to a counsellor in Counselling Services. In case of an emergency after hours, please contact the Multiple Crisis Team @ 1-800-245-4086 (toll free).







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# No Sanctuary From



Overnight students are held over in school Halloween Bash Oct. 29 in the Sanctuary. Some students opted to call in their costumes.



Orin Barchet, a second-year business administration accounting student, dressed as a wolf.



Jessica Rind (left) dressed her costume only up to her belly. Bailey, third-year business, went with lots of those costumes.

Naomi Pharis, a second-year biology premedicine student, came as Little Red Riding Hood.

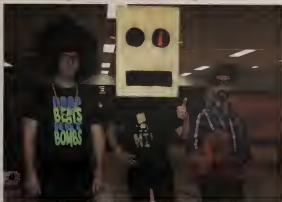
PHOTOS BY  
VANHA DOBBS/SHU



Rebecca Bello, CH premedicine and chemistry, was dressed as a belly dancer.



# the night of fright



Party Rock comes to Cowanog! Matt Erik Westorvald, John Lugo and Brady Bennett, all second-year students and enthusiastic students.



Anna MacPherson, Jessica Parker and Lisa Lugo, all first-year journalism and students, enjoyed the night on the town.



Second-year students and enthusiastic students Kelly Henderson and Sylvia Parker, had wicked costumes at the Halloween Bash.



## HOROSCOPE

Week of Nov. 7, 2001



### Aries

March 21 -  
April 19

The only failure in life is staying down when you get knocked down. Get back up this week.



### Libra

September 23  
October 23

It's tempting to run away from all your problems, but the danger you leave unattended the more pain it will cause later, confront them now.



### Taurus

April 20 - July 20

If someone with likes you cannot stay your life then must try not to fall into the habit of hating, hold over heads, you can't hurry love, doing so will only cause pain.



### Scorpio

October 23  
November 21

Being busy is never a positive quality, if you don't already know that then you'll soon find out in a way that will make you remember.



### Gemini

May 21 - June 21

When someone gives you every reason to hate them, don't, these people have unusual ways of showing their emotions and generally need to be loved the most.



### Sagittarius

November 23  
December 21

You always and up hating the one you love, it only hurts so much because they love you the most of all. Remember that this week.



### Cancer

June 22 - July 22

If you can't love yourself this week, how can anyone love you?



### Capricorn

December 22  
January 20

Burning bridges may finally come back to haunt you this week, except what you're doing is not try to learn from it.



### Leo

July 23 - August 23

Take the time to think before you make a big decision this week, no consequences could have long lasting positive or negative effects on you.



### Aquarius

January 20 - February 18

In the best you can be this week, after all, there's only one person truly like you.



### Virgo

August 23  
September 23

Some friends come and go but there are a precious few who you should try and hold on to, try and find out who those are this week.



### Pisces

February 19  
March 20

Make the most out of every situation, you're the only one who can control your own happiness.



James Watson is the resident astrologist who passed into the aether and now it's your turn to turn, creating the universe to unfold before him.

# Are you SAD? It might be seasonal affective disorder

Conestoga's counselling and health services can help you fight the winter blues

## BY JEFF BERNIER

With winter right around the corner, faculty, staff and students at Conestoga College are preparing for the season change but for some adjusting is a real challenge.

Some students struggle during the winter of year, especially becoming depressed. However, Conestoga College is here to help.

Seasonal Affective Disorder (SAD) is a condition that has been around for 100 years.

SAD is caused by the lack of sunlight and shorter days. It's a disorder that only two per cent of all population in Ontario struggle with.

People over 30 years of age are most susceptible to this disorder. However, as people grow older the number of people affected decreases.

According to the Canadian Mental Health Association (CMHA), SAD is more likely to affect women.

The disorder affects the most people during January

and February.

Coverage has teamed up with both Counselling Services and Health Services to give students every opportunity to fight the winter blues.

The counselling offices are located in Room 1430 in the lower wing of the Health Campus. Students are encouraged to ask questions and set up meetings with counsellors.

Health Services is located across the hall in Room 1430. Students can book appointments, free of charge, to receive advice and more information from health care professionals.

James Kneen, a first-year consultant and lecture services student, is noticing a mood swing in some people already.

"I definitely notice change in people's moods when the winter rolls around because the day seems shorter and everything just kind of hanging, winter truly seems good for outdoor tasks in Canada."

Kneen said.

According to CMHA, symptoms of SAD include low energy, changes in mood, increased sleep and larger appetite with possible weight gain. Some students will also experience lack of concentration during classes.

To fight the winter blues, get outside as much as possible. Being active improves your mood and health self-esteem. Weight gain can also be eliminated by staying active.

CMHA recommends helping someone struggling with SAD by offering your support, listen, your friend and help him understand that SAD is just a phase.

Try doing simple things for the person such as grabbing food at the grocery store or even picking up dry-cleaning. Let that person know that you're there for him.

For more information on SAD, go to [www.cmha.ca/healthcare/page.asp?i=35&B=0](http://www.cmha.ca/healthcare/page.asp?i=35&B=0).

## FALLING INTO WINTER



Photo by Jeff Bernier

Conestoga College's Health Campus is filled with trees (just with a healthy tint) but no one thinks once and it brings a splash of colour to the scene. This week will be snowy, snowy.



## EAT WELL. LIVE LONGER.

Learn more at [heartandstroke.ca](http://heartandstroke.ca)

## Point-counterpoint

## The Rum Diary receives mixed reviews



## Movie gives new breath to an era



**Dr. Robert M. Bellamy**

Paul Kemp is an American composer who is struggling to find his voice. When he takes a job as beautiful money, Powers find he hopes that his life will turn around. He finds himself drinking heavily, writing horoscopes and trying to build himself a life. It all turns around when he meets Hal Henderson and his beautiful girlfriend Clementine, who he finds on a contest. In between Kemp struggles to maintain his professional and social life, all the while trying to find his own voice.

The *Sam Snyce* is a well-written, well-balanced movie based on the novel by Horatio Thompson. Thompson applied for a job at the mid San Juan State, just like the one portrayed in the film. He made friends with the warden on staff and then wrote the novel based around them. This provided good source material for a film that deals a lot with substance abuse. Kemp was a shoo-in who is in danger and Snake handles

dealing with the struggle of maintaining a personal life. The film's atmosphere is captured (the understated) intimacy as well defined by the public drinking and the ability to light up a cigarette anywhere anyone chooses. The intimacy never dies through the screen. Levels of the characters.

Lead by the only real Johnny Depp, the cast does a marvelous job of giving events in a very short time frame overviews in films. Andrew Harned is very natural in his portrayal of Chemo, a male and female who combine the age of every man on the scene the bar. This includes the character of Romp, but their relationship is not made as clear as during Henderson's 10-minute battle between Romp and Chemo, an unbalanced connection was immediately established and a battle ensued and the film

The east may have been the central factor in driving the bid of the east but another factor played an important role. Many of the works of the east directly mirror the career of Thompson. Of course the works and the adventures Paul and his friends find

themselves a part of my  
have been a bit over done  
hard to over exaggerated, but  
the material and the medium  
was a little bit like me.

With the sun soaked across  
 place of Puerto Rico at the  
 roads. The film clearly takes a  
 step forward just being a film  
 make story. There are scenes  
 of crude behavior and some  
 sex and drug and alcohol use.  
 However, it is mild in tone,  
 pure in style and looking in  
 Los Angeles, but director  
 Bruce Springsteen will have the  
 confidence to show it.

The mission as leaders closes with these acts. The missionary takes, Paul keeps as first action placed to the island. The second act, when he runs among the rocks of local well known men. And the third act, when his identity and character have real world consequences and he is forced to decide what to do.

The *Ram Dairy* is well done, with all essentials present. Depp has successfully portrayed another work of Thompson, with ease and skill.

But see decision when deciding whether to go. The decision is necessary.

## The Rum Diary doesn't live up to expectations

★★★★★

[illegible]

It was the night of the party where Mike was running high and I knew they would be close in the final counting. I remember that the likelihood of us going was not at all

The service was being run by the man he called The Duke. When

Based on a book of the same name by Horatio H. Thompson, *The Horn Diary* tells the story of a porcupine who travels to Florida State to work as a fishing newspaper. Thompson based this story on his own experience as Florida State's first student newspaper editor. He had used an ad to pay for his tuition.

[illegible]

Thompson that has made it the  
 the big screen. The first was  
 Fear and Loathing in Las Vegas,  
 released in 1998.

Four and Leathing was a hit with Thompson fans and became an instant cult classic. Johnny Depp played the role of Thompson, or rather his shadow, as Four and Leathing as well as The Run Run Run.

Depp and Thompson had known each for some time before Peter and Lindsay were made and before *Shogun*. Depp did previous research on the role. He spent months shadowing Thompson and getting to know him better. The two became very close during the time and maintained their friendship until Thompson's death in 2002.

Receives and forwards as directed all communications.

side a movie, it's to his regret, all that about all the money will have to change. Details may be worked out, things may be added to make the story more Hollywood-friendly.

I kept them on mind when I watched *The Thin Red Line* but I can now say that some books that bring one of them should be confined to the pages on which they were printed. They shouldn't be allowed to leech onto the big screen only to lure people and only the name of a literary work and how much.

I had hoped that, with the social struts and film repertoire that he has, Depp would have been able to influence the film in a way that would avoid such a catastrophe. I'm honestly surprised that he stood by and allowed the release of the

[illegible]

Considering that the story was indeed as big as the women, it still felt a bit like watching a train blow past movies aren't literary, but I'll gladly watch one if there's a class director. In this case, I would've been satisfied with an attempt at staying true to the original storyline. But she that would be mine soon.

The story was cut past the point of scriptible nonsense. Having her part at the beginning of the end and throughout the story was, indeed, sensible.

Depp did not lose to the role though he played a good Thompson. But it wasn't enough. I think the movie would have been much more profitable if Thompson had

with the following results:

When I finally did arrive at the theatre on opening night, I was surprised to find many open seats. In fact, more than three-quarters of the place was empty. This turned out to be the only good news of the night as I can only hope that most are a flop and takes away the starburst to that as low people as possible get treated into believing that this is what *Thelma&Louise* was.

My advice to anyone who had considered going to see this movie stop home better yet go to Chicago where for less than the price of a movie ticket and a basket of popcorn, you can pick yourself up an unadorned copy of a fine book called *The Run Home*.

# Experience New York through TV show

By JENNIFER BOLLERT



Ian and Sam—the stars of *How to Make It in America*—arrive back in the States after their trip to Japan

The show provides the viewer with a sense of having been to New York due to its ability to

present the glamorous side of the big Apple while making it all at once so gritty

Unlike *RMF*'s other 20 episodes, however, *Foray* (which aired six last episode rather than four), the pasty models are not rock and fashion, but merely everyday guys trying to make their dream a reality, something we can all relate to.

Despite the fact that the score and costumes could double as models and that they wear take-no-catchy-tag designed by New York's top fashion designers, the dialogue between characters is fresh and realistic while not trying too hard to be cool.

Not against a backdrop of iconic scenes to America's cultural precincts, the show is driven by a soundtrack of well-known artists and those that are still trying to make it big.

The recurring theme of contrast between those who have made it and those who haven't is present during every episode. The show's locations and characters are constantly being contrasted with one another, from the Wall Street banker to the reformed gangster, to the barista and the low wage. The show's greatest appeal comes from the fact that we can all relate to the characters in the show in one way or another. Perhaps we can't help but compare the show to an older sibling, *Scrubs*, with its West Coast setting.

How to Make It runs every Sunday at 10:30 p.m.

# Captain America is an improvement

By BEN STEINBERG



What? They made another Captain America movie? Shouldn't Marvel have learned its lesson by now?

Captain America: The First Avenger actually isn't the first Captain America movie if you include the 1944 comic book film. It is the 1990 live-action movie about Marvel's top tactical genius.

There were two TV series in 1979 starring Bob Brown in the title role. The first movie had exactly one fight scene as the entire movie and featured plenty of strong women and several gunshots.

The second TV movie was sold because, like Christopher Lee as the mean villain helped.

The third movie was released in theaters in 1990 and starred Matt Salinger, but was critically panned for no lack of a plot and distracting gunplay scenes. It also portrayed the captain as a naive idealist who lets the lives of people who were trying to help him.

Does that mean you're there any interest? Yes, significantly so. Captain America: The First Avenger mostly takes place during the Second World War. It shows Chris Evans as Captain America (Steve Rogers) (Tony Danza as Colonel Chester Phillips and Hugo Weaving as Red Skull). Evans isn't perfect for the title role and is slightly monotone at times, but he does a lot of job of carrying the movie. Evans is great in the Colonel, but Evans isn't perfect in the same way. Weaving is perfect as Red Skull, giving over-the-top evil and believable as a charismatic villain.

The rest of the supporting cast is strong and helps show

the different sides of the captain's leadership. Rocky in particular plays the movie looking out for the future and ends up as more of a selfish ally than Rogers becomes the cap. This role resonated in one of the movie's interesting aspects of the movie.

Rogers himself starts the movie as a young, frail soldier, who is determined to join the army and fight the war. He tries to sign up multiple times, often being shot by soldiers, and eventually gets a special item that will be enhanced by a superhuman serum. The serum ends up giving him superhuman strength, speed and endurance, and increases his intelligence exponentially. The serum itself is destroyed and the final serum is experimental. Rogers eventually starts a special team to take on a fictional terrorist group called Hydra, led by Red Skull.

For the most part, the movie is very entertaining. The first act is filled with comedy and drama surrounding us as the Captain America is and why he deserves to be a superhero. The second act shows him become a superhero and the third act is full of action. The dramatic battle is intense and satisfying, usually Marvel movies feel anticlimactic. The final scene where the captain

writes up in modern New York, having being down for 70 years, is short, sweet and doesn't feel out of place. The movie's strongest point is that it actually feels like a classic comic book, while most superhero movies are either too dark or melodramatic. It is not meant to be deep, it's meant to be fun. However, the movie isn't worth any of the hype.

While the movie does a good job at setting up its characters, it takes too long for Captain America to start doing superhero work. He doesn't take on Hydra until about halfway through the movie. The action moments between the great battle and the Red Skull fight is a bit rushed and out of place. The way that Red Skull is defeated is, for lack of better words, weird. These films are notable, but are forgettable in the end.

While not the greatest superhero movie of the year, Captain America is one of the better Marvel movies so far, and it's much better than its predecessor.

The special features included in the Blu-ray (and standard) set are the DVD version after great insights on the movie's costume design, how they made Chris Evans look good in the first act of the movie, and other aspects of the movie's creation. Also included are deleted scenes, a featurette about Agent Coulson from Iron Man 2 and a special clip of the movie.

It's a strong superhero movie with many flaws that just build a look from being the best Marvel movie to date. If the idea of a superhero movie taking place during the Second World War interests you, check it out. I give it 4 out of 5 stars.

**THE BAD BOYS ARE BACK!**  
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# Getting down to business

By **HEATHER SCHMIDTKE**

Would you agree about business with 1,000 USGs?

In a study published by 1000 USGs and the ability to introduce new and improved products are important in leading businesses today.

And that is exactly what Conestoga College is trying to promote through their free experiential entrepreneurship program.

"We think that we have a message that can add value to every single student at Conestoga College and that is to help them understand the importance of innovation and

entrepreneurship," said Barbara Friesner, chair of the School of Business.

The program consists of six workshops and a 19-hour mentorship with a successful local entrepreneur. Those who attend at least five of the workshops and complete the mentoring portion will receive a certificate of completion.

Although the program filled up in the first week, those interested should keep their eyes open, as February applications will open and spots will open up as people realize they don't have time for the program.

Those who fill those spots would have to attend the first

remaining workshops, as the first one will have already passed. These events will help participants learn to identify opportunities, set work, create a business plan and use social media.

The last event is a competition similar to Dragon's Den, in which participants show their business to a panel marketing entrepreneurs, get financial business advice and college faculty. The winner will receive prizes, including a role in a hot air balloon with a "ridiculously famous entrepreneur."

The costs of the events and prizes are partially covered by \$15,000 received from

Conestoga Students Inc. The program is also funded by the Ontario Ministry of Economic Development.

Barbara Horvath, project coordinator of Experiential Entrepreneurship, said this plan is exactly the "perfect" mix of experience with the student's area of interest by the end of November.

She said they hope the mentors will give students a taste of their business and take them to a networking event.

"The message that we have on board are very positive to contribute back to the community and to help young people move forward and see

their dreams become a reality because these programs understand what that's like because they've been there, done that. As they really have a sense of what the students are going through and what they're feeling and then want to be a part of it," said Horvath.

Whether students dream of starting a business or they become successful entrepreneurs themselves or simply apply their skills to another business, Friesner emphasized the benefits of the experience.

"We want Conestoga graduates in every program to have that competitive advantage coming out of this college."



**Remembrance Day Ceremony**  
November 11th, 10:35am  
Doors - SLC Atrium  
Waterloo - Front Foyer  
Guelph - Cafeteria  
Cambridge - Cafeteria

Hosted by  
Student Life

On the 11th hour of the 11th day, of the 11th month, Canadians are asked to pause and remember the thousands of men and women who have served, and who sacrificed their lives fighting for freedom and democracy.

## LIVING LIKE A MASCOT



Photo by STEVE GIBSON

CBB's mascot took its first bite at the CBB office. Sheriell Cummings, loyal mascot gel, under accommodations or in a certified box of its mascot.

Research saves lives.

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**HEART & STROKE FOUNDATION**

Finding answers. For life.

# Artists shed light on seemingly unsettling images

By DEBBIE WISNIE

Destruction, beauty, love and agony are all revealed as visitors walk through the Kaplewey-Warshaw Art Gallery for the Walls the Walls exhibition here.

With two parts to the exhibition, Karolina Warsaw-Jankowski, artist and curator, guides her first-time visitors exploring walls about a crisis here.

"The first part of the tour is in four permanent collections called We All Fall Down created by Barbara Hubert and Cindy Weyman.

The second part of the tour called The Limits, shows visitors that art has no limits and the art is yours for the taking.

Warsaw-Jankowski said the permanent collection presents images of destruction and decay that there are things that may be unsettling, but still have beauty behind them. She points to a drawing by Paul Pomeroy called the Black Dove to show that even a disaster of its scale doesn't mean everything isn't still be beautiful or as elegant beauty through the lines and actual art itself.

"As humans we have this tendency to get interested in the postapocalyptic or apocalyptic which almost goes with beauty," she said.

A prime example of this is photos people by Edward Burtynsky of a chicken processing plant in Toronto and a B.C. pulp mill plant in British Columbia. He is interested in how humans have an impact on the environment, Warsaw-Jankowski said. A lot of his work has to do with cities and factories in China and the cutting down of forests. The way the photos provide shows a lot of obvious composition and design.

"It makes you think here we as a society have to survive and have to eat, but also realize what it does to the land above and how we deal with food and the raising of animals for food and meat," said Warsaw-Jankowski.

Visitors will find a piece of art that looks like it is burning. "The orange, red and yellow flames capture your eye instantly, leaving the viewer pondering what the photo is about."

Artist Michael Meyer created a piece for walls 2010 and Meyer said artists in a painted still portrait that the artist photographs them in to see. As the image hangs in the photographs the artist's whole self is shown. It's quite beautiful in the way it is as people's she said.

Warsaw-Jankowski said the next part of the exhibition Warsaw-Jankowski and Cindy Weyman started the whole process of curating the exhibition two



## BEAUTY MEETS DECAY



PHOTO BY DEBBIE WISNIE

Karolina Warsaw-Jankowski took his time before his exhibition is a preview of the coming artwork done by Alison Sklar.

years ago by exploring all the artists, getting their work to the gallery and had some artists speak of opening reception. She wanted to work with the concept of time, space here and also in a person's through the way of time.

Gracie Warfield, a artist who is interested in memory has worked with human and animal remains. Warsaw-Jankowski said it started with her father.

He died and was cremated. Warfield took his ashes and used it as her way of dealing with her death.

She wants to use empirical work of measurement to come to terms that her father's now this small bag of ashes.

Warfield applied the ashes on black felt and photographed the person's face and body.

Warfield said she was in a room when he asked around David Sklar's layered sculptures and witnessed the destruction of the object.

"The book deals with the death of her father, which means heart matter I can relate to that because I am an caregiver and the book represents the space between me and the space between countries. Not is about the story, but reaching the other space. It's like it's saying you're never going to get to that point and it is exhausting," she said. "To have the paper is to literally come through the water, yet the shore is eternally out of reach."

When I like I would love for someone to do this. Some people may think it is morbid, but I don't at all.

— Karolina Warsaw-Jankowski

"The Drawing of the History of the First World War by Karolina Warsaw-Jankowski, which means heart matter I can relate to that because I am an caregiver and the book represents the space between me and the space between countries. Not is about the story, but reaching the other space. It's like it's saying you're never going to get to that point and it is exhausting," she said. "To have the paper is to literally come through the water, yet the shore is eternally out of reach."

The artwork is presented in a special manner because the artist does not want people to stand and look at the art in the museum, but wants them to take the time to walk around the piece to enjoy in every detailed view there.

In the next room David Sklar's art Vision and Architecture of Space is influenced by the Renaissance era and early cinema. His layered sculptures are done in transparent film using a digital computer program. He does work on a scale and light to trigger his vision.

"This is the next room where you can walk around it and the image is distorted, but it is also very quiet. The minute people of it comes to life. It's like it is changing the shape of space and time, but the figure actually looks alive and natural," said Warsaw-Jankowski.

Last, but not least, Lisa Pomeroy's art is a video story of the perspective of seven French youth. The video, called Evolutionary portraits, each youth's narrative version of how they view the world up until this point.

"The video is a symbol of drawing boundaries of depicting time, the flow of time and so on. The video is open in French and then translated into English. The photographs called Narratives, depict each youth in their own tangible universe, also known as their bedrooms. Warsaw-Jankowski said.

As the video finished on did the exhibition. Destruction, beauty, love and agony come to an end, but the art will still be shown in the gallery until Jan 10.

Opening exhibitions include Mary Moya and Angela Weyman's Let's Glow starting Jan. 10 and Another Victory over the Sun starting Jan. 10.